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FROM SHEER-PANTS FACEPLANT TO UPWARD DOG?

LULULEMON IS BREATHING THROUGH A DIFFICULT POSE AFTER BAD KARMA COST THEM IN THE BATTLE FOR YOGA SUPREMACY PAGE 8

Accused seen on webcam before killing, court hears

Slain York U student Qian Liu had been chatting with her boyfriend in China PAGE 4

He shoots, he scores! A big three-pointer for the Leafs

Coming off a five-game losing streak, Buds decide to give basketball a shot PAGE 28

Eat breakfast, cripple goons, watch reruns

ScarJo feels we get a more complete picture of Black Widow's life in the next Captain America film PAGE 15

SUFFICIENTLY FABULOUS?

What's a girl to wear for the Junos? This red evening gown definitely caught the eye of Leah Fay, vocalist of popular indie group July Talk. Though she's still struggling to decide, Fay has narrowed down her options to three dresses she found at Cabaret Vintage Clothing on Queen Street West. July Talk will be performing at the award show and has been nominated for breakthrough group of the year. Go to metronews.ca for more Juno coverage. CHRIS SO/TORSTAR NEWS SERVICE

Millionaires' dispute may doom shelter

Red Door. Homeless shelter set to be sold by receiver after 'theft' of more than $2 million

A vital shelter for homeless families in Toronto's east end may be forced to close due to an ugly legal battle over commercial real estate investments involving Toronto diet doctor Stanley Bernstein and his wealthy Bridle Path area neighbours Norma and Ronauld Walton.

The Red Door Family Shelter is one of 31 properties Bernstein co-owned with the Waltons, co-founders of asset-management company Rose and Thistle Group.

A court order last November placed the properties into receivership after an investigation found that about $2.4 million in mortgage proceeds was diverted from the business partners' joint investments, including $268,000 that was used to pay for renovations on the Waltons' home.

Norma Walton admits she shouldn't have diverted the funds without Bernstein's knowledge, according to Justice Frank Newbould in his Nov. 1 endorsement of the receivership.

"What happened here, not to put too fine a point on it, was theft," he adds.

The Waltons are appealing the decision. But in the meantime, the receiver is proceeding with the court-ordered sale of the properties, including the 106-bed shelter, which is located in the former Woodgreen United Church on Queen St. E., near Logan Ave.

"The Red Door has been providing shelter beds for vulnerable families at this location for over 30 years," said executive director Bernnitta Hawkins. "We are an integral part of the South Riverdale community. We do not want to leave and we certainly do not want to reduce the number of beds we offer homeless families in need," she said.

The shelter is holding a public meeting Tuesday evening to rally support to save the beloved service.

What is particularly troubling for Hawkins is that Red Door helped the Waltons buy the property at a bargain price from the United Church of Canada, believing the Waltons' promise to build a new shelter on the site.

Norma Walton says she is "heartbroken" that the shelter has been put at risk.

"The moment the litigation began, we said to Dr. Bernstein and we said to (the receiver) and we said to the court: you have to protect the shelter," Walton said Monday.

"All three of them said ... 'We do not care what you say, we will make our decisions based on the facts as we find them on the ground and we're not going to promise you anything,'" she said.

TORSTAR NEWS SERVICE

Judgment

"What happened here, not to put too fine a point on it, was theft."

Justice Frank Newbould, on Norma Walton diverting funds from her joint investments.

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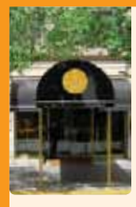

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'Surreptitious recordings'

Lisi's iPhone may reveal extortion evidence: Police

Toronto police detectives investigating Mayor Rob Ford recently obtained almost 10 gigabytes of data — mostly video and audio — recorded by Alexander "Sandro" Lisi's iPhone, according to new search warrant documents filed in court.

Lisi, Ford's friend and occasional driver, is believed by police to have made "surreptitious recordings" connected to the crack video scandal. Police state they believe Lisi's phone may provide evidence that others were involved in trying to retrieve the video.

TORSTAR NEWS SERVICE

Stintz's subway

City's share of Toronto Hydro to pay for relief line?

Mayoral candidate Karen Stintz wants to sell a majority of city-owned Toronto Hydro to help pay for a downtown subway relief line. The midtown councillor has previously said she's committed to selling off at least 10 per cent or leasing a portion of the electricity company to help fund transit construction. Stintz said Monday she would like to work with the province "to modernize" the funding framework so more than half of the $1.14-billion city-owned asset can be sold.

Karen Stintz
TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE

GO Defoe!

Toronto FC supporters celebrate after Jermain Defoe scores against D.C. United in Toronto over the weekend. Fans may have even more to celebrate if negotiations for a joint ticket deal that would give fans a free or discounted GO ride to games come to fruition, MLSE and GO Transit officials said Monday. FC fans have complained about limited parking near the field and it is a sold-out season with new high-profile players expected to attract fan interest. The crowds would get even bigger if council approves an MLSE proposal that would provide $10 million in city funding toward an expansion of BMO Field.

CHRIS YOUNG/THE CANADIAN PRESS

Liberals slammed for jazz fest cuts

'It's not right.' Province shouldn't be giving money to MLSE and a concert featuring Drake while refusing to support the free Beaches Jazz Festival, opposition critics say

It makes no sense that Ontario's minority Liberal government would deprive the free Beaches International Jazz Festival of a grant while supporting a concert associated with multimillionaire rapper Drake, opposition parties said Monday.

"It's not right," New Democrat MPP Michael Prue (Beaches-East York) said as Premier Kathleen Wynne was put on the defensive over the decision revealed last week.

"My hope is that they'll be able to find a program that fits so that we can support the festival," Wynne told reporters after announcing $1.5 million to help expand the massive Fiera Foods bakery in Rexdale, creating 52 new jobs.

Organizers of the annual summer event, the country's largest free jazz festival for 25 years, have warned they will have to cut back drastically on the 800 musical acts slated to appear if they lose provincial support from the Celebrate Ontario fund, which has covered 20 per cent of their budget for several years while helping to attract 500,000 fans. The jazz festival's application was rejected with no explanation, organizers have said.

Quoted

"My hope is that they'll be able to find a program that fits so that we can support the festival."

Premier Kathleen Wynne

The festival "does need help," Progressive Conservative MPP Rod Jackson (Barrie) told reporters, shaking his head at the decision.

"It's been free for years and yet we give money to a Drake concert and give money to MLSE (Maple Leaf Sports and Entertainment) for the NBA all-star game," he added. "These are things that make money on their own and then we subsidize it. For what?"

The parent company of the Maple Leafs, Raptors and Toronto FC got $500,000 from the province to lure the 2016 NBA all-stars to Air Canada Centre, while Drake's two-day OVO Fest at the Molson Amphitheatre, for which tickets are already on sale, was reportedly given $300,000.

"The paid tickets are $120 and up," said Prue, noting the jazz fest had sought $120,000 after receiving $75,000 annually for the last few years.

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UNITY

Toronto charity gets $50,000 grant

StubHub, the world's largest ticket marketplace, has selected Toronto-based charity UNITY as the first Canadian recipient of its Rising Star award. Rising Stars is an international philanthropic program whose mandate is to provide opportunity for at-risk youth through sports and the arts. Founded by Canadian breakdancer Michael Prosserman, UNITY is a charitable organization teaching young people to use artistic self expression to make positive life choices.

Michael Prosserman CONTRIBUTED

METRO

Neighbour dispute

Steam Whistle dumped by Jays

Steam Whistle Brewing and the Toronto Blue Jays are good neighbours — the beer company sits across Bremner Blvd. from the Rogers Centre, and co-founder Greg Taylor says game days have his place packed with beer-drinking fans.

But they're no longer business partners. The Jays have terminated their agreement with the local brewer just a year after Steam Whistle set up a kiosk in level 100 of the Rogers Centre.

According to Taylor, the club broke the news last week, citing displeasure with Steam Whistle's Twitter feed. Taylor says the club objected to Steam Whistle sending tweets about its Rogers Centre location.

TORSTAR NEWS SERVICE

U.S.-Canada border

Cops charge couple after seizing guns

A man and woman are facing more than 70 charges after police say numerous guns and other weapons were seized at a U.S.-Canada border crossing.

After getting a tip from police, the Canada Border Services Agency stopped a couple and their two children on March 16 as they crossed into Canada in Niagara Falls.

Police say a search of the couple's van resulted in the seizure of six concealed handguns and a seventh handgun was found on the man. Police say another 34 firearms were later seized in raids at the couple's home.

Donald Earl Hare, 44, and Amanda Brent, 43, both of Proton Station, Ont., have been charged.

THE CANADIAN PRESS

Man seen entering student's room, murder trial hears

Death of Qian Liu.
Suspected killer's lawyer urges jury to settle for manslaughter conviction

The last image a young man in China saw on a webcam while chatting with his girlfriend in Toronto was of a man — naked from the waist down — turning off the computer moments after forcing his way into her apartment, a jury heard Monday.

York University student Qian Liu, 23, was found dead the next morning, April 15, 2011, in her off-campus basement apartment.

On the first day of the first-degree murder trial for Brian Dickson, the man accused in her death, the jury saw video and photographs of Liu's body, lying face down next to her bed, naked except for a nightgown and sweater, which were pulled up to her shoulders. Blood could be seen on the floor around her face.

Liu's parents, who came from China for the trial — expected to last three weeks — wiped tears from their eyes as the scene of their daughter's death was displayed on courtroom screens and an interpreter relayed to them the evidence. The accused had no visible reaction.

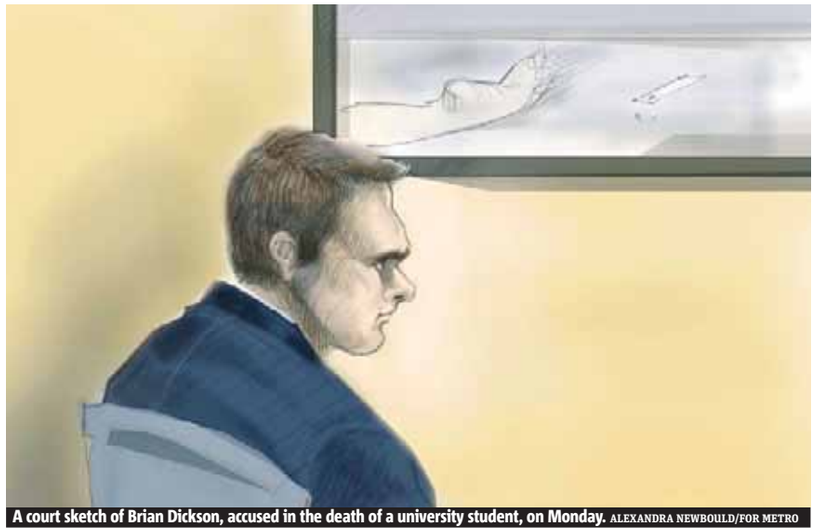
Dickson, who lived in the same building as Liu, has pleaded not guilty to first-degree murder. His lawyer, Robert Nuttall, told the jury he is urging them to instead find Dickson guilty of manslaughter.

"This is not a who-did-it case," Nuttall said in brief opening remarks.

"This is a what-happened case. The mechanism of Ms. Liu's death is very significant evidence in deciding whether the Crown has proven its case is murder beyond a reasonable doubt."

911 call

"There's blood everywhere."
Soham Joshi, a tenant in Liu's building



A court sketch of Brian Dickson, accused in the death of a university student, on Monday. ALEXANDRA NEWBOULD/FOR METRO

Pathologists could not conclusively determine Liu's cause of death, though one is of the opinion it involved neck compression, Crown attorney Christine Pirraglia said in her opening address.

Forensic scientists, however, were able to determine that Dickson could not be excluded as the source of male DNA and semen on Liu's body to a high degree of probability, Pirraglia said.

Liu, who was enrolled in a preparatory course at York University, was chatting with her boyfriend Xian Meng that night using both a webcam and an instant messaging service. Some time after 1 a.m. there was a knock on her door, Pirraglia said.

Meng watched Liu open the door and briefly chat with a man before he tried to hug her, Pirraglia said. She tried unsuccessfully to get him out but he pushed his way in, shut the door behind him and pushed her in the direction of her bed, which was off camera, Pirraglia said.

He heard Liu say in English and Mandarin, "No. No," Pirraglia said. THE CANADIAN PRESS

What he told police

According to the Crown attorney, when Dickson was interviewed by police he said he'd been at a restaurant on York University campus that night, leaving around 12:30 a.m. and going to sleep soon after. He told police he'd met Liu a few times and had been in her room twice, briefly.

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Reimer's wife attacked on Twitter

James Reimer with his wife April. JEFF VINNICK/TORSTAR NEWS SERVICE

Maple Leafs. Tyler Bozak, social media community rush to April Reimer's defence

April Reimer, the wife of Maple Leafs goalie James Reimer, became the cruel target of various Twitter users over the weekend.

Maple Leafs forward Tyler Bozak defended April, who has taken abuse from people critical of her husband's play in the Leaf goal in recent weeks.

"I think this is pretty low and pretty sad," the Maple Leaf forward said about the abusive tweets sent to April in the last two days.

Many comments can't be repeated because they are so offensive, but the disdain for Reimer's play reached new lows when he allowed three goals on 10 shots in a 3-2 Maple Leafs loss against New Jersey on Sunday night.

This followed a bad performance in a 4-3 loss to the Montreal Canadiens on Saturday night at home.

With the Leafs' playoffs chances looking grim, and Reimer's play in question, people on Twitter decided to take it out on the player's wife.

@BlueLineG27, tweeted: "tell ur husband thanks for costing the leafs another game and maybe the playoffs. He's garbage. He must be cut."

@MLFHROOZ tweeted to April: "you should seriously tell your husband to get psychiatric help because he has become an absolute joke."

The angry episodes gained momentum after April tweeted out before the New Jersey game: "Don't mistake my silence for ignorance, my calmness for acceptance or my kindness as weakness #goaliewifeproblems."

That comment generated more than 1,000 retweets and was favourited more than 1,400 times.

Later, others rushed to denounce the Reimer-haters and came to apologize to April Reimer.

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Teaching students to #tweetresponsibly

Be tweeps, not twerps. And definitely not trolls.

At a time when teens are taking to Twitter to publicly bash classmates, teachers, their schools and school boards, educators are struggling to teach them to become responsible digital citizens.

For a generation so steeped in technology, there's one lesson they've had trouble learning: what you post on social media is, for the most part, public — and it can get you in trouble.

"I think it's a mixture of things," says first-year University of Toronto student Wali Shah, who is presenting his session "iTweetRight" this Friday at a Peel District School Board conference aimed at helping Grade 9 students have a "positive digital footprint."

"It's very informal for some kids; they don't necessarily understand that people are out there and can see it. They're more used to the whole Facebook thing, where only (friends see postings) — they think, 'Only my followers are going to read my tweets,'" Shah said.

"But if you have a public profile, anyone can see those tweets."

According to the Toronto District School Board, there have been about a dozen mean tweets since the start of the year — not many, but still a concern.

"We have found them, and in every case, followed up with the principal," said Shari Schwartz-Maltz, spokesperson for the Toronto District School Board. "The kids are called down to the office, it is discussed with them, and in every case they confessed. In every case, principals have taken it very seriously, and in every case parents have been called, and there hasn't been one case where parents have not made their kid shut down the Twitter account."

TORSTAR NEWS SERVICE

Wali Shah. TORSTAR NEWS SERVICE

Egypt. Hundreds sentenced to death after defence barred by judge

An Egyptian court sentenced to death on Monday 529 people accused of an attack on a police station that left one policeman dead, in a mass trial that lasted only two sessions and raised an outcry from rights activists.

The verdicts against the men, said to be supporters of ousted president Mohammed Morsi, are subject to appeal and would likely be overturned, rights lawyers said.

But they said the swiftness and harshness of the rulings on such a large scale deepened concerns that Egypt's courts have been deeply politicized and that due process is being swept away amid the crackdown on Morsi's Muslim Brotherhood that followed his July overthrow.

Amnesty International said it was the largest single batch of simultaneous death sentences they had seen in recent years anywhere in the world.

The Egyptian Foreign Ministry said in a statement that the country's judiciary is "entirely independent and is not influenced in any way by the executive branch of government."

The court held two sessions. In the first on Saturday, the judge angrily shouted down requests by defence lawyers for more time to review the prosecution's case for the hundreds of defendants. In Monday's session, security forces barred defence lawyers from entering the courtroom on orders from the judge. All but around 150 people were tried in absentia.

THE ASSOCIATED PRESS

Testimony

Texts suggest girlfriend feared Pistorius

Oscar Pistorius and Reeva Steenkamp argued fiercely in the turbulent weeks before he killed her, and the athlete's girlfriend told him she was sometimes scared by his behaviour, which included jealous outbursts in front of other people, according to phone messages revealed at the Olympian's murder trial on Monday.

"I'm scared of u sometimes and how u snap at me and of how u will react to me,'' Reeva Steenkamp texted Pistorius, in a message read out in court by a police captain.

In another message, Steenkamp wrote to the double-amputee runner: "I can't be attacked by outsiders for dating u AND be attacked by you, the one person I deserve protection from." In Steenkamp's message about being scared of the athlete, she also added: "You make me happy 90% of the time and I think we are amazing together."

THE ASSOCIATED PRESS

Mudslide death toll rises, dozens remain missing

Volunteers Frank and Rhonda Cook watch as the final body they recovered Sunday afternoon is lifted into a helicopter on the east side of Saturday's fatal mudslide near Oso, Wash. GENNA MARTIN-THE HERALD/THE ASSOCIATED PRESS

The list. Construction workers coming into the area and people just driving by among the possible missing

The search for survivors of a deadly Washington state mudslide grew Monday to include 108 names of people who were reported missing or were unaccounted for, but authorities cautioned the figure likely would decline dramatically.

Still, the size of the list raised concerns the death toll would rise far above the 14 people who have been confirmed dead, a figure that rose by six yesterday. The slide Saturday swept through part of a former fishing village about 90 kilometres northeast of Seattle. Several people also were critically injured. About 30 homes were destroyed, and the debris blocked a 1.5-kilometre stretch of state highway.

"The situation is very grim," Snohomish County Fire District 21 Chief Travis Hots said, stressing that authorities are still in rescue mode and are holding out hope. But he noted: "We have not found anyone alive on this pile since Saturday."

Adding to the worries was that the slide struck Saturday morning, a time of the weekend when most people are at home. Of the 49 structures in the neighbourhood hit by the slide, authorities believe at least 25 were occupied full-time.

Frequent, heavy rainfall and geography make the area prone to landslides. Authorities believe Saturday's slide was caused by ground made unstable by recent rainfall.

The slide blocked the North Fork of the Stillaguamish River, which is continuing to back up, officials said. At least seven homes are now flooded.

The North Fork of the river is finding its way through the mudslide, as expected. "It's good news," said Steve Thompson, public works director for Snohomish County.

Washington Gov. Jay Inslee described the scene as a "square mile of total devastation" after flying over the disaster area midday Sunday. He assured families that everything was being done to find their missing loved ones.

Bruce Blacker, who lives just west of the slide, doesn't know the whereabouts of six neighbours. "It's a very close-knit community," Blacker said Sunday as he waited at an Arlington roadblock before troopers let him through.

The search included the Washington State Patrol and the Army Corps of Engineers. "You can't live here without knowing someone who is unaccounted for," said Linda Byrnes. THE ASSOCIATED PRESS

RICK MERCER REPORT
Rick's in Vancouver training with the women's field hockey team as they prepare for this summer's Commonwealth Games.
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Lulu
I'm influenced because I used to work for the company and am aware of how to care for and wash the clothes. I choose them because of the quality.
— Rosanna Araujo, 30, yoga instructor-in-training, in head-to-toe Lululemon.
Lolë
Influences: Comfort, ethical practices, durability/quality, style, price.
— Sarah Moore, 34, yoga instructor, in Lolë* top and Moving Comfort bottom.
*Gets a staff discount at Lolë.
Used
I do advise that in these deeply consumeristic times we remember this cautionary thought: 'I say beware of all enterprises that require new clothes, and not rather a new wearer of clothes (Henry David Thoreau).'
Cailin Bator, 28, yoga teacher, in head-to-toe second-hand clothes.
Lululemon
In my clothing I want to feel comfortable, confident and supported. My choices are based on these requirements.
— Hana Lukac, 30, Mula Yoga owner/yoga teacher, in head-to-toe Lululemon*.
*She is a Lululemon ambassador
Tonic
If I'm planning to get hot and sweaty, Karma Wear and Tonic are my definite faves! They're both Canadian-made, and that's a big factor in why I support them.
— Amanda Montgomery, 36, Moksha Yoga teacher and Birth Doula, in Tonic top and bottom, and H&M leg warmers.
Roots
I range from $5 brands, to Roots and Lululemon; Influences: Fabric (I'm on the lookout for natural fibres like cotton and bamboo).
— Judy Trinh, 28, Holistic nutritionist/yoga instructor/dental receptionist in Roots top and Under Armour pants.
Nike
I usually wear Lululemon (I am a former employee of Lulu) or Nike. I like clothing that is fitted but comfortable, breathable, Dri-Fit, and moves with my body.
— Farley Tarn, 31, visual merchandiser/marketing/film and photographer/massage therapist/yoga teacher-in-training, in Nike top and old shorts (brand unknown).

Yogis pose at Mula Yoga in Toronto at 80 Mitchell Ave. in their typical practice gear. DAVE STARRETT/FOR METRO

Can they make Lululemonade?

ivivva athletica

Mini yogis = big bucks

Like mother, like daughter? Lululemon has bet that's the case.

The company launched three test ivivva athletica stores exclusively selling workout clothes for girls aged six to 12 in 2009 in Western Canada.

There are now more than 30 ivivva stores and showrooms sprinkled across North America.

"In B.C. ivivva is huge right now," says Susie Wall, a Vancouver-based TV style expert and mother of two young girls.

While some yogi yummy mummies in Lululemon's hometown have moved on to hipper brands, girls are begging those moms to take them to ivivva, says the fashion guru in a phone interview from Whistler, B.C.

Shelling out $62 for Perfect Your Alignment Pants for your perfect princess may seem ridiculous, but many other brands such as Nike and Under Armour also sell children's workout wear.

The young will inherit the Earth, and apparently, a penchant for pricey stretch-pants.

Hot yoga market.

Retail company looks to recover from last year's sheer madness as others set their intention to get in on the profit

MELISSA DUNNE
melissa.dunne@metronews.ca

"Life is full of setbacks. Success is determined by how you handle setbacks" reads part of Lululemon's manifesto on one of its classic bright-red bags.

Lululemon Athletica Inc.'s leadership has certainly had some setbacks this year.

A recall of sheer pants last spring set off a streak of bad karma the Vancouver yoga-cum-athletic-wear empire has yet to shake. How it continues to handle setbacks will determine the future success of the leader in the increasingly crowded yoga-wear space.

The specialty shop's stock is stuck in downward dog, closing at $49.32 US Monday — down from its June high of $82.50 US.

Lululemon will announce its full fiscal 2013 results Thursday, but it's already downgraded its expected 2013 fourth-quarter earnings due to customer traffic and sales dropping "meaningfully."

The company declined to comment for this story.

Retail analysts are divided on whether the premium-priced workout brand can fight off a long line of big retailers and niche brands looking for a piece of the yogi pie.

Back in the halcyon days of 1998 when Chip Wilson opened a single design/yoga studio in the yuppie Vancouver enclave of Kitsilano, he had no real rivals.

The branding genius basically created a new category.

Women in droves traded their saggy sweatpants for tight stretch-pants emblazoned with a stylized "A" logo.

Lululemon now has almost 250 stores, mainly in North America and Australia, plus showrooms in select global cities. Making pricey pants that flatter bottoms has been very good for Lululemon's bottom line. Its net revenue for the fiscal 2012 year was $1.4 billion US. Despite the success, the brash founder stepped down as chairman last year after seemingly blaming women's thighs for pilling pants. New Lululemon CEO Laurent Potdevin, from feel-good brand TOMS Shoes, is tasked with turning the ship around.

Alan Middleton, a marketing professor at York University, believes the veteran retailer can fight off attacks from the likes of the savvy Joe Mimran, who's hocking $16 Cropped Yoga Pants through his discount Joe Fresh line.

"(Lululemon has) got to market how they're different — emphasizing things like sweat management, stretchability and technology," he says in a phone interview from Toronto. "Joe Fresh will eat into their business if people see no difference between the products."

At first glance, workout wear hanging at Joe Fresh, Gap and H&M could be mistaken for Lululemon. One unmistakable difference is the much lower price-tags. And with 1.4 million Canadians practising yoga, according to Statistics Canada, (and scores more who just want to look like it) clothiers, high and low, now follow the mantra: Yoga equals money.

Global athletic-wear giants, such as Nike, Adidas and Under Armour offer specialty yoga togs for specialty-level prices. Fit fashionistas went wild recently for Nike's Studio Wrap shoe for yoga, dance and barre and the Nike Tight of the Moment-Sparkling Sunburst will hit the racks at high-end retailer Holt Renfrew later this week. Nike's fiscal 2013 revenues were $25.3 billion US, up eight per cent.

While some women look to trendier or cheaper options, Lululemon is looking at men as a growth area.

In a move lauded by analysts the Canadian company aims to have standalone stores just for guys by 2016.

But, Farley Tarn, a 31-year-old Torontonian who worked as a Lululemon educator this holiday season and is training to become a yoga instructor, says getting men to buy a brand mainly associated with women is tough.

"It's kind of a hard sell," says Tarn. "But once you get men to try the clothes on they are hooked because the quality is there."

The high-end label is able to charge $82 and up for women's pants made of its Luon nylon-and-lycra blend fabric because devotees believe in the quality.

But the online retail shop shows there are still some kinks to work out. Of the most recent 20 reviews for the Wunder Under Pant (now in Full-On Luon) at lululemon.com, there are four five-star reviews, but 15 reviews complain of quality issues from sheerness to pilling, with some even adding a " :(" to show their unhappiness.

The cult brand's new CEO will have to find a way to turn those emoticons right-side round if the Canadian success story is to have a happy ending.

Competition

'Same DNA'

Some yogis do not take kindly to international clothing conglomerates like Nike, leading homegrown brands, from Canuck clothier Roots to B.C.'s Tonic, to open a Canadian front in the battle over yoga wear.

Lately Lolë is hot among active women, offering a French twist on yoga wear — namely more restrained colours and cuts.

"For sure we're competitors (with Lululemon), but we're building a category together," says Lolë's CEO Bernard Mariette in a phone interview from Montreal. "It's like we're sisters and brothers, we have the same DNA."

Started in 2002 in Montreal, there are now 27 Lolë Atelier's worldwide. Lolë will expand west and will stretch into men's wear soon.

A different kind of branding

- **Lululemon doesn't pay big bucks to have big celebrities endorse their latest Power Y Tank.** Instead, it recruits "local athletes, instructors and role models" to promote the brand as unpaid "ambassadors." It's a simple, symbiotic relationship that has been key to its success.
- **Ambassadors get free clothes, plus free promotion in-store and online.** The model has been such a hit that other brands, such as rival Lolë, now have similar programs.
- **Lululemon also offers free yoga classes.** Held twice a week at their stores, anyone can join.

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Despair. Grief takes over hope for family members

Relatives shrieked and sobbed uncontrollably. Men and women nearly collapsed, held up by loved ones. Their grief came pouring out after 17 days of waiting for definitive word on the fate of the passengers and crew of the missing Malaysia Airlines jet.

Malaysia's prime minister gave that word late Monday in an announcement from Kuala Lumpur, saying there was no longer any doubt that Flight 370 went down in the southern Indian Ocean.

Relatives of passengers in Beijing had been called to a hotel near the airport to hear the news, and some 50 of them gathered there. Afterward, they filed out of a conference room in heart-wrenching grief.

One woman collapsed and fell on her knees, crying, "My son! My son!"

Medical teams arrived at the Lido hotel with several stretchers and one elderly man was carried out of the conference room on one of them, his face covered by a jacket. Minutes later, a middle-aged woman was taken out on another stretcher, her face ashen and her blank eyes seemingly staring off into the distance.

THE ASSOCIATED PRESS

A relative cries in Beijing, Monday.
NG HAN GUAN/THE ASSOCIATED PRESS

What we know. Tragedy confirmed, but little else

THE PLANE CRASHED: Malaysian Prime Minister Najib Razak said satellite data showed Flight MH370 "ended in the southern Indian Ocean," confirming the plane that disappeared more than two weeks ago went down in a remote corner of the ocean.

ITS LAST POSITION: A British company calculated satellite data obtained from the remote area of the ocean, using analysis never before used in an aviation investigation of this kind, and pinpointed the last spot the flight was seen in the air was in the middle of the ocean west of Perth, Australia.

NO SURVIVORS: Najib left little doubt that all 239 crew and passengers died; the father of an aviation engineer on the flight said, "We accept the news of the tragedy. It is fate." THE ASSOCIATED PRESS

Acceptance

"We accept the news of the tragedy. It is fate."

Father of an aviation engineer who was travelling on the flight, after listening to the statement of the Malaysian prime minister.

Malaysian Prime Minister Najib Razak speaks during a press conference for the missing Malaysia Airlines Flight MH370, in Kuala Lumpur on Monday.
JOSHUA PAUL/THE ASSOCIATED PRESS

Flight 370 crashed: Malaysia's PM

No survivors. Satellite data indicates plane flew into remote waters of Indian Ocean

The missing Malaysia Airlines plane crashed into a remote corner of the Indian Ocean, the nation's prime minister said Monday night, citing a new analysis of satellite data. The statement was the first step toward resolving a two-week-old mystery that has consumed the world.

But with the location of Flight 370 itself still unknown — most likely somewhere at the bottom of the sea — questions remain about what brought down the aircraft and why.

Dressed in a black suit, Prime Minister Najib Razak announced the news in a brief statement to reporters, saying the information was based on an unprecedented study of data from a satellite that had received signals from the plane.

He said the data indicated that the Boeing 777, which took off from Kuala Lumpur for Beijing on March 8 with 239 passengers and crew, flew "to a remote location, far from any possible landing sites."

He gave no indication of exactly where in the Indian Ocean the plane was last heard from, or what the next step in finding it would be. The grueling hunt could take years, or the plane's main fuselage may never be found at all.

The search is now considered a race against time because of the battery life of the "pinger" in the plane's black box, which may run out in the next two weeks.

THE ASSOCIATED PRESS

Quoted

"I must inform you that, according to this new data, Flight MH370 ended in the southern Indian Ocean."

Malaysian Prime Minister Najib Razak

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13 Canadians banned from entering Russia

Crimean crisis. Move is in response to economic sanctions and travel bans on Russian officials, says Foreign Ministry

Ukrainian sailors meet their comrades in Donuzlav, Crimea, Monday. Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials in retaliation for sanctions over Russia's annexation of Crimea. PAVEL GOLOVKIN/THE ASSOCIATED PRESS

Russia on Monday slapped an entry ban on 13 Canadian lawmakers and officials, including House of Commons Speaker Andrew Scheer and government House leader Peter Van Loan, in retaliation for Canadian sanctions over Ukraine.

Russia's Foreign Ministry called the move a response to Canadian travel bans and economic sanctions imposed earlier on a number of Russian officials — "unacceptable action by the Canadian side that has inflicted serious damage to bilateral relations," the ministry said in a statement.

The move follows Canada's decision to act in unison with the U.S. to introduce sanctions targeting members of Russian President Vladimir Putin's entourage following Russia's annexation of Crimea.

Speaking from The Hague, where he is attending a nuclear security summit with Prime Minister Stephen Harper, Foreign Affairs Minister John Baird echoed Liberal MP Irwin Cotler in describing the sanctions as a "badge of honour."

"Any country who thinks that in the 21st century you can simply rewrite the borders of Europe is wrong, and it's of deep concern," Baird said.

"None of the people listed today are threatening the territorial integrity or sovereignty of the Russian Federation. I think it also says we've certainly got the attention of those in the Kremlin."

G8 on hold

Stephen Harper and his fellow G7 leaders say they are suspending their participation in the G8 until Russia "changes course."

Russian retaliation was bound to come, said NDP Leader Tom Mulcair.

"It's a sign that we are heading into an era of much chillier relations, but it was predictable. And frankly, if that's the price to pay to start sending a message to Putin, so be it." THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

Chicago. Train ends up on escalator after jumping tracks at O'Hare airport

An eight-car Chicago public-transit train jumped the tracks, skidded across a platform and scaled an escalator that leads to a busy U.S. airport early Monday, injuring 32 people.

Investigators had not drawn any conclusions into the cause of the derailment at the end of the Blue Line at O'Hare International Airport, but were looking into whether faulty brakes, signals or human error were factors, National Transportation Safety Board investigator Tim DePaepe said Monday.

The Chicago Transit Authority train operator, who was still hospitalized, will be interviewed, DePaepe said, and investigators will examine her routine over the last few days.

The timing of the crash — just before 3 a.m. Monday — helped avoid an enormous disaster, as the underground Blue Line station is usually packed with travellers coming to and from Chicago. No one suffered life-threatening injuries.

Denise Adams, a passenger on the train, described the impact to the Chicago Sun-Times.

"I heard a 'Boom!' and when I got off the train, the train was all the way up the escalator," she said. "It was a lot of panic."

Investigators will review video footage from a camera in the station and one that was mounted on the front of the train, DePaepe said. The train will remain at the scene until the NTSB has finished some of its investigation, after which crews will remove the train and fix the escalator that has "significant damage."

THE ASSOCIATED PRESS

A Chicago Transit Authority train car rests on an escalator at the O'Hare Airport station after it derailed early Monday in Chicago, injuring more than 30 people. KENNETH WEBSTER/NBC CHICAGO/THE ASSOCIATED PRESS

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Experts
Sholom Glouberman PhD President Patients Canada
Andreas Laupacis MD Executive Director Li Ka Shing Knowledge Institute St. Michael's Hospital
Lisa Priest MD Project Director and Patient Engagement Lead North East Toronto Health Link
Terrence Sullivan PhD President Terrence Sullivan & Associates
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Vying to be king atop a new porcelain throne

An exhibitor from Loughborough University demonstrates the use of a toilet during Reinvent the Toilet Fair in New Delhi, India, on Friday. Scientists who accepted the Bill & Melinda Gates Foundation's challenge to reinvent the toilet showcased their inventions in the Indian capital Saturday. The primary goal: to sanitize waste, use minimal water or electricity, and produce a usable product at low cost. India is by far the worst culprit, with more than 640 million people defecating in the open and producing a stunning 65,300 tonnes of waste each day — the equivalent weight of almost 10 Eiffel Towers or 1,800 humpback whales. THE ASSOCIATED PRESS

No housing bubble to burst: Report

Think-tank's take.
Contrary to many, Conference Board gives housing market clean bill of health

Quoted

"At this point in the housing cycle, there is a risk that Canadian housing prices in some market segments are due for a modest correction."
The Conference Board's new report

The Conference Board isn't buying the notion that Canada's housing market will suddenly crumble, saying the most likely outlook is for a modest decline nationally and in some specific markets.

The Ottawa-based think-tank argues in a comprehensive new look at real estate in Canada that the conditions for a crash simply don't exist, despite numerous reports that the market is overbuilt and overvalued. Rather, the report argues that with the possible exception of Toronto, housing starts the past three years have been roughly in line with the 20-year average.

Even in Toronto, there is only a "borderline" case that it could be overbuilt. It sees the outlook for Toronto as balanced with healthy price growth and a major correction difficult to see given solid employment and population growth. THE CANADIAN PRESS

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45	16	13	23	17	33	22
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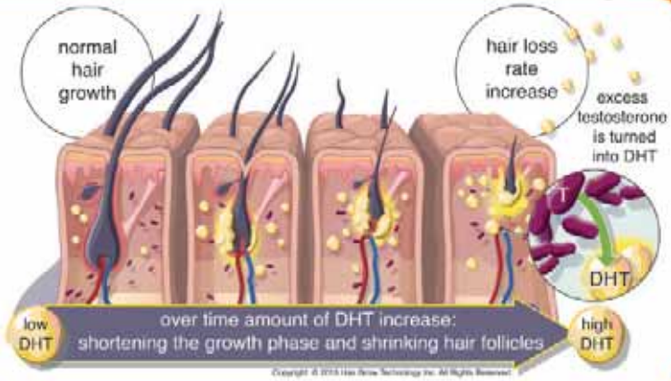
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high DHT

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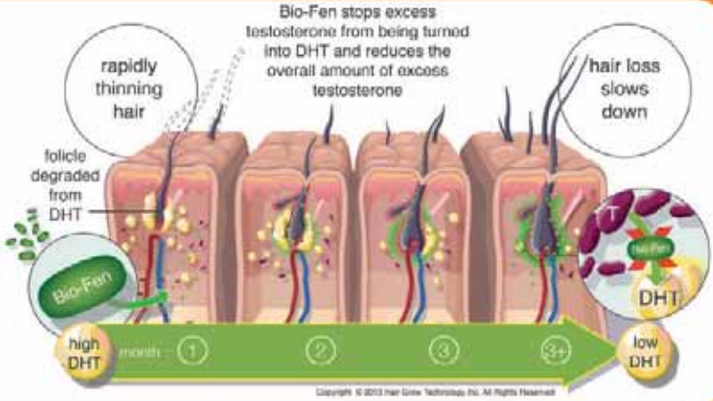

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NO LONGER WANT TO NUKE

SHE SAYS

Jessica Napier
metronews.ca

North Americans have an insatiable appetite for innovative gadgets — we're obsessed with high-tech tablets, smart televisions and biometric fitness bands — but when's the last time you heard anyone rave about their new microwave?

In a design-focused age of sleek champagne-coloured cellphones and wearable technologies, the boxy countertop oven seems positively archaic. While 90 per cent of U.S. households still own a microwave, the kitchen staple hasn't exactly advanced all that much in terms of design or functionality, which means there's no need to replace them with any sort of frequency. In fact, microwave sales have steadily fallen or stagnated every year for a decade — plummeting a whopping 40 per cent since their peak in 2004, according to a new consumer report from Quartz.

In addition to its durability and unimaginative design, part of the appliance's low sales numbers have to do with lifestyle. Our eating habits are changing; consumers are increasingly interested in cooking freshly prepared meals rather than nuking frozen dinners — which contain about as much nutritional value as a couch cushion.

Cooking with an actual oven is generally healthier, the food tastes better, and there's none of that electromagnetic radiation to worry about.

I've been on the microwave-free bandwagon since my boyfriend broke ours back in 2010 (he would insist that I was the one who broke it, but since he doesn't have a newspaper column, you're going to have to believe me on this one). Since both of us refused to accept responsibility for the busted appliance and purchase a new one, we've simply learned to live without it.

I miss my old countertop microwave approximately twice a month, usually when I'm desperately hungry and trying to heat up leftovers ASAP or when I'm craving popcorn.

However, most of the time I feel liberated by my decision to live without a microwave. I will preach the lifestyle to anyone who will listen.

Not only will giving up your microwave force you to think more consciously about the food you eat, but retiring this bulky device means you'll be able to reclaim a large amount of valuable counter space, which, let's face it, is at a premium in most kitchens.

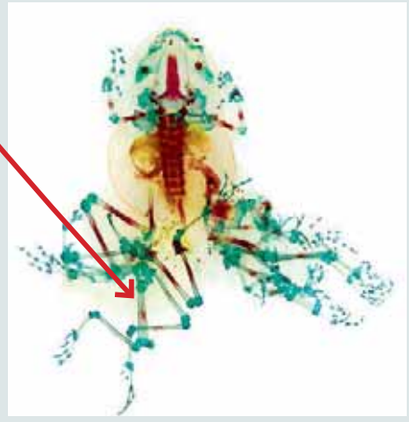
There's no denying the speed and convenience of a microwave — I often curse my preheating oven while I wait for it to climb to 375 F — but some things are more important than eating quickly. Living without one just takes a little patience and planning and yes maybe some extra time to wash the dishes. But trust me, once you broil your first slice of leftover pizza you'll never look back.

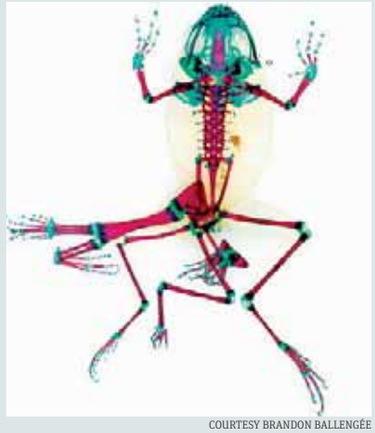
Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

This will leave a frog in your throat

For American artist and biologist Brandon Ballengée, deformed frogs are a source of both scientific wonder and artistic vision. Ballengée literally highlighted his research on abnormalities in amphibians by injecting specimens with coloured dyes, before using a high-resolution scanner to create a surreal photographic record. METRO





COURTESY BRANDON BALLENGÉE

Q & A

Art invokes empathy

BRANDON BALLENGÉE
Artist/biologist, 39, based in New York and Montreal

What kind of deformities do these frogs have?
The most common ones are shortened hind limbs. Extra limbs are found less often but may be increasing. These abnormalities are most likely caused by predatory injury or parasitic infection while the frogs were still tadpoles. Predators and parasites are natural, but environmental degradation appears to be increasing this phenomena.

What reaction do you hope to get from your images?
In the artworks, the frogs are scaled to the size of a human child. The idea is to invoke empathy, not fear. If they're too large they become monsters, too small we can too easily psychologically differentiate ourselves from them.

What do your photos say about seeing the magnificent in the monstrous?
The specimen preparation does allow for a level of abstraction, while at the same time revealing the complex architecture of these terrible abnormalities.

This push and pull is important to bring people in close to the art — for a one-on-one experience with an organism they may have had a part in creating.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Wondering what's up with the influx of #nomakeupselfies flooding your social media streams? From Beyoncé to Jessica Alba, people are posting their bare faces after Laura Lippman started the trend to defend actress Kim Novak, who was kind of pummelled online for her Oscar look. Inexplicably, the hashtag became linked to raising awareness for cancer and has since raised $3.7 million for Cancer Research UK through online and texted donations. But just because Beyoncé wants to go bare for the campaign doesn't mean you have to. Here are a few other ways to digitally donate.

CONTRIBUTED

#manupandmakeup:
A spinoff of the #nomakeupselfie, the campaign asks men to throw on some lipstick and liner (guyliner if you prefer) and post to social media while donating to Prostate Cancer UK.

Charity Miles:
Donate to charities as you exercise. The app links runners, walkers and bikers with corporations looking to do some charity work.

For every mile you run, the organization donates to a charity of your choice. While $0.25 per mile may not seem like much, for the average marathoner it works out to more than $500 per year. On Android and iOS.

One Today:
The Google app introduces you to a new charity every day. If you're down with their modus operandi, click donate and give just $1 to the organization. On Android and iOS.

Twitter

@metropicks asked: The no makeup selfie is the latest breast cancer awareness trend. Is it effective at raising awareness?

@mtnbvan: No makeup for a day is trivial & doesn't spread breast cancer awareness. Not even close. #LocksofLove yes

@BrillComm: Great to raise awareness, but when putting your digital brand behind a cause important to know the origin & goal

@laurahubb: I don't think it's effective: I did the selfie, and half my FB has. No where did I see it was for breast cancer. Someone. obv omitted down the lines, it kept going. Sad, because doing it for breast cancer would be great.

Follow @metropicks and take part in our daily poll.

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THINKING OF BUYING
A NEW HOME?

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DVD review

The Wolf of Wall Street

Director. Martin Scorsese

Stars. Leonardo DiCaprio, Matthew McConaughey

If you're down with a character arc that's as short as a crack pipe and equally resistant to temperance, then Martin Scorsese's latest picture The Wolf of Wall Street is your chance to howl.

For the first third of its wildly overlong three hours, Scorsese's film fairly bowls you over with its wild-eyed depiction of Wall Street as Animal House, with excesses of the late 1980s through 1990s that included everything from dwarf tossing to cocaine inhaling to hooker procuring. It's based on the memoirs of real-life stock scammer Jordan Belfort.

We view these antics through the wandering eyes of the title character, played with gusto by Leonardo DiCaprio (his best role yet), ably assisted by Matthew McConaughey, Jonah Hill, Jean Dujardin and Kyle Chandler.

Scorsese really loves the company of men, but they all find some distaff competition from Margot Robbie's Naomi, the model/mistress and later Belmont spouse who is anything but a Little Bo Peep.

Extras include a making-of featurette.

PETER HOWELL

Scarlett's wily Widow a 'reluctant superhero'

Third time plucky.
Avenger role takes on new depth in latest Captain America

NED EHRBAR
Metro World News in Hollywood

Scarlett Johansson JACQUES BRINON/THE ASSOCIATED PRESS

Captain America: The Winter Soldier is obviously a Captain America (Chris Evans) movie, but just as important is Scarlett Johansson's portrayal of Natasha Romanov, code name: The Black Widow. The film marks her third appearance as the sole female Avenger, giving Johansson the chance to inhabit a character in a way she has rarely over her 20-year career.

"It's an interesting challenge to keep coming back to this character," Johansson says. "We saw a little bit of her in Avengers, and we saw a little bit of her backstory — we'll see more of that in Avengers 2. But in this film, we really get to see Natasha as a person who gets up, gets ready for work in the morning, has a life outside of her job once she's out of the suit. She's a woman and she has her own reality outside of this. Who knows how far that stretches."

She's also not as clear-cut a good guy as Evan's Captain America. "Natasha is a bit of a reluctant superhero. She doesn't necessarily have this strong, golden moral compass. Let's not forget, she started out her career essentially as a mercenary. I don't know if that makes her role model material," Johansson says, though she does admit those grey areas make the job that much more interesting.

Black Widow not as clear cut a good guy as Captain America

"She doesn't necessarily have this strong, golden moral compass ... she started out her career essentially as a mercenary. I don't know if that makes her role model material."
Scarlett Johansson

"One of the things that's attractive to me about the character is that she uses her feminine wiles as part of her job, but she doesn't rely on her sexuality or physical appeal to get the job done," she says. "She's extremely smart. She thinks on her feet. She's a leader. And she has a lot of foresight. Those are qualities that I think are wonderful to celebrate for young women. And of course, it's really rad for me to have my friends' kids kind of look up to that character, and dress up as her for Halloween, and play with the boys and be rough. I always say, 'The Widow always wins.' And it's true. And that's a nice sentiment."

That getting rough can take its toll, though. "I'm going to be in physical therapy for the rest of my life," she jokes. But in all seriousness, Johansson was better prepared for this round of Marvel action than the previous two. "I'd just come off of doing a Broadway run, which is pretty much the most physically demanding thing you can do. I felt like if anything was going to prepare my stamina, it was that. So everything seemed like a piece of cake after treading the boards for that long. And I think I was in pretty solid shape from that run. And then just maintaining it, [which is] boring. Get up at five, go to the gym. You know, that stuff, that's horrible."

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10 STEPS TO HOME OWNERSHIP:

A guide to buying your own place.

Buying a home is one of life's biggest achievements. And one of its biggest investments. It can also be one of the most exciting and satisfying events of your life, if you work with the right experts. Here are a few things you need to consider before you walk into your new home:

1

Affordability

While buying a home can be a big investment, you might be surprised by how affordable it can be when you have the right mortgage. Some important considerations are family income, monthly payments, interest rates, property taxes, maintenance fees and closing costs. Talking to a mortgage specialist is a great first step in determining how much you can afford.

2

The down payment

While making a down payment can sound intimidating, the truth is you can pay as little as 5% of your purchase price as down payment with the purchase of mortgage default insurance. It's also important to note that a bigger down payment generally means lower mortgage payments and lower interest costs over the life of the mortgage.

3

Getting pre-approved for a mortgage

A pre-approval helps you understand how much you can afford and gives you the confidence to act quickly and make an offer when you find the right home. Also, the rate you are offered is guaranteed for up to 90 days, giving you time to find that perfect home. Visit bmo.com/preapproval to start your mortgage pre-approval today.

4

Making "The List"

Making a checklist of everything you're looking for in your ideal home will help you get what you want when you are looking for your new place. Keep in mind factors like your budget, lifestyle, distance from work and, of course, what kind of home you're looking for – a condo, townhome, semi-detached or detached home. A Home Comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you manage your search.

5

Choosing a real estate agent

There are many advantages to using a professional real estate agent, and family, friends or neighbours are a good resource for referrals. Real estate agents have the inside track on new listings, can help you narrow down your search, will prepare the Offer to Purchase and other key documentation and will negotiate the price on your behalf.

6

Find the right professionals

Nobody ever reads the fine print. Except maybe a lawyer or notary. So you'll need a qualified one who can make sure all your documents are in order and are explained to you. The earlier you find one, the better. Equally important is the home inspector. Once he or she gives you the thumbs-up, you can be confident that the home you picked is just the way you expect it to be, inside and out.

7

Making the offer

So you've found the perfect home at the perfect price. Now you want to make an offer. Your real estate agent will draft an Offer to Purchase and your lawyer needs to review it to make sure the offer price, closing date and what's included, such as appliances and fixtures, etc. are what you expect. You can also include your own conditions like home inspection and financing guarantees. Once the offer is accepted, you are one step closer to being a new home owner.

8

Arranging for a mortgage

Once the seller says "yes" to your offer, get in touch with your mortgage representative and they will help you finalize your mortgage options such as fixed vs. variable rates, open vs. closed term, amortization and payment schedules.

9

You've got a mortgage. Now protect it.

With mortgage insurance like BMO Mortgage Protection, you can protect your family and assets in case the unexpected happens, such as a disability or involuntary job loss, critical illness or death. In other words, it gives you peace of mind that you're protected when life throws you a curveball.

10

Completing the transaction and getting the keys to your new home

Once your mortgage lender and your lawyer go through the details with a fine-tooth comb, you'll sign the mortgage documents, make the rest of the down payment and cover the closing costs. On closing day, all you'll have to do is collect your keys and step into that home you've been dreaming about.

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THE RIGHT PAGE.

6 POINTS TO CONSIDER WHEN BUYING A HOME

1 SHOULD I BUY OR RENT?

Buying your first home can be very exciting, but home ownership may not be right for everyone. Take a look at your lifestyle, financial situation and money management skills before jumping in. Download a budget worksheet to help you get started at bmo.com/homebuyersguide

2 HOW MUCH WOULD I NEED FOR A DOWN PAYMENT?

While a down payment of 20% of the purchase price is always recommended, you can actually put down as little as 5%. But remember, the more you put down, the less you'll need to borrow, and if your down payment is less than 20%, you will require mortgage default insurance.

3 HOW DO I SAVE FOR A DOWN PAYMENT?

Here are some simple ideas to help you save for your down payment:

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- Take advantage of the CRA's Home Buyers' Plan. First-time home buyers can withdraw up to $25,000 tax-free from their RRSPs[1].
- Put your change in a jar at the end of each day and then deposit it into a savings account every 6 months. BMO offers Coin Counters in select branches that are free[2] with deposits of $250 or less.

[1]The withdrawal is paid back in equal installments over 15 years, beginning the second year after the withdrawal. For full details of the Home Buyers Plan including repayment terms, visit Canada Revenue Agency's website at cra-arc.gc.ca [2]A fee of 8% is applied to the entire transaction for amounts greater than $250 deposited into the Coin Counter.

4 WHERE DO I BEGIN?

Making a checklist of everything you're looking for in your ideal home is a great way to ensure that you get what you want. A home comparison worksheet can be downloaded at bmo.com/homebuyersguide to help you with your home search.

5 DO I NEED HOME INSURANCE?

Home insurance is a great backup plan to make sure life's curveballs don't leave you financially vulnerable.

6 SHOULD I GET PRE-APPROVED?

Definitely. A mortgage pre-approval tells you how much you can afford and gives you the confidence to act quickly and make an offer when you find your dream home.

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Feel-good Fallon fires up viewer figures

Stephen Colbert visits The Tonight Show Starring Jimmy Fallon during the show's debut episode in February.
GETTY IMAGES FILE

The Tonight Show.
For NBC, Jimmy Fallon ascendancy is a show transition that's working

One month in, NBC's generational trade of Jay Leno for Jimmy Fallon at the Tonight show is succeeding beyond the hopes of executives who engineered it.

Fallon's fast start is clear in television ratings and even more stark in social media metrics. While too early to declare a new king of late-night TV, the transition is a marked change from how badly NBC fumbled the short-lived switch from Leno to Conan O'Brien in 2009.

NBC had hoped for an increase in young viewers and steeled itself to lose some of Leno's older fans, but Fallon's reception was a surprise.

When Fallon premiered on Tonight during the Olympics, the franchise hit numbers unseen since Johnny Carson's last week in 1992. Things have settled down but Fallon is still comfortably on top.

Fallon's lead over his rivals is more pronounced among viewers aged 18 to 49, the target demographic for NBC's advertising.

Fallon and NBC embrace the way that many early-to-bed consumers experience late-night television these days: By watching clips of a show's best moments online. The YouTube clip of Fallon and Will Smith acting out the evolution of hip-hop dancing has been seen more than 12.8 million times. Fallon's lip-sync duel with Paul Rudd on songs by Tina Turner, Foreigner and Queen has nearly nine million views.

Each segment is funny, good-natured and utterly impossible to imagine Fallon's old-school predecessor doing.

"What I notice in people's reactions is not just that they like the show and think that it's funny, but they like the feel-good spirit," Harbert said. "There's a total absence of snarkiness, of cynicism. It's just there to make you feel good before you go to sleep."

The anti-show-biz style pioneered by Letterman isn't dead, said Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University. But "it may have run its course to some extent," he said, and Fallon's sincerity dilutes the pure snark of Letterman and O'Brien.

"Fallon has been able to change the equation," he said.

THE ASSOCIATED PRESS

Fallon the sweetest lullaby for NBC

"What I notice in people's reactions is not just that they like the show and think that it's funny, but they like the feel-good spirit. There's a total absence of snarkiness, of cynicism. It's just there to make you feel good before you go to sleep."

Ted Harbert, NBC broadcasting chairman

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Warpaint don't want to play by the rules

'It's just what feels good.' Los Angeles trance-rockers play the Danforth Music Hall Tuesday night

PAT HEALY
Metro World News

When the members of Warpaint sit down in the lobby café of the Omni Hotel in Austin, Texas, half of them order beers. It's quarter past noon. This anecdote is a little misleading, though; the band are taking it easy compared to when they played the SXSW Music Conference in 2011, when they played 13 shows in four days.

"When you start touring and you start playing festivals, you realize, 'Oh my God, we're going to meet all of these artists that we love and we're actually contemporaries and part of this whole movement and culture.' And it's just the most exciting thing," says Theresa Wayman, who sings and plays guitar for the band.

Warpaint are touring with the release of their self-titled second LP. MIA KIRBY

"It's kind of debaucherous," chimes in Emily Kokal, who also sings and plays guitar.

"You enjoy it in a different way each time. We don't have any rules. It's just what feels good. We've gotten better at listening to ourselves and figuring out what we want."

Warpaint only played six SXSW shows this year, giving themselves a little bit of a break, and they all seemed eager to take in sets by some of those contemporaries and new performers.

Wayman mentions the R&B singer BANKS.

"There's this one song that is really amazing," she says. "It's called, This Is What It Feels Like." She produces her phone and plays a snippet of the song for her bandmates to hear. They all nod along.

The conversation turns to En Vogue, the '90s vocal group whose videos Wayman watched repeatedly as a kid. Although the influence is not immediately apparent on Warpaint's self-titled second album, which came out earlier this year, it makes sense.

What's that sound?

"Soul is embedded in all of us. Just like a lot of different musical stylings, but it's not illuminated that we all like to dance. That's something that ties us all together."

Emily Kokal, singer and guitarist in Warpaint
on the band's music

On most of the songs, the vocal notes are drawn out in a way that makes it easy to forget that they're words delivering meaning and not just sounds. The instruments drive and dirge like classic alternative rock, while wispy harmonies float above it all. Basically, the sound is somewhere between En Vogue and The Cure.

"Soul is embedded in all of us," says Kokal. "Just like a lot of different musical stylings, but it's not illuminated that we all like to dance. That's something that ties us all together."

Towards the end of the conversation, a girl approaches with a question.

"Have you guys seen a ring that looks just like this?" she asks, holding up her finger. After a moment she finds the ring, which had apparently fallen off while she'd been sitting there. She says thank you and exits.

Wayman giggles as she reveals the girl who had lost the ring is the singer she's most excited to hear play SXSW. "That's BANKS!"

"She was really upset and cute," says Kokal. "That song is amazing."

Details

Tickets to Tuesday's show with Cate Le Bon are available at ticketmaster.ca

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Lady Gaga GETTY IMAGES

Demi's eating disorder claim was out of order, says Gaga

Lady Gaga has heard Demi Lovato's criticism of her choice to let performance artist Millie Brown vomit on her during a concert earlier this month, but she doesn't agree with Lovato's assertion that the stunt glamorized eating disorders. "I have struggled with an eating disorder for over 10 years and I take that very seriously. I take the struggle of others very seriously," Gaga tells E! News. "I am very supportive of Demi's struggle and her recovery as well as the recovery of anyone who is suffering from that. But this performance had absolutely nothing to do with any eating disorder, and we never intended for it to be taken that way. I am really proud of the performance and really stand by the message of rage and pain that we were trying to express in that moment."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kunis and Kutcher's big year just got bigger with baby news

MELINDA TAUB
Metro World News

Mila Kunis has a heck of an engagement present for her new fiancé, Ashton Kutcher: She's pregnant. A source confirmed to E! Online that Kunis and Kutcher are expecting a baby. "This is something they both wanted," an insider told Us Weekly. "They are both so happy."

In case you were worried that the child might be born to an inflexible mother, worry no more — Kunis has recently been spotted attending prenatal yoga classes.

Kutcher has been doing his part to prepare for the happy event, too. A source says he's comparing fatherhood tips with Danny Masterson, who co-starred with them on That '70s Show. Masterson welcomed a baby girl in February with his wife Bijou Phillips.

This has been a big year so far for the former sitcom costars. News of their engagement broke in February, when Kunis was spotted sporting a large diamond ring on the big deal finger. Though they've known each other since 1998, when both were cast on That '70s Show, Kunis and Kutcher only began dating in 2012.

Miley Cyrus GETTY IMAGES

No boyfriend, no real friends and lonely on tour ... life ain't a Ball for Miley

Miley Cyrus' outlandish, fun and frolicking lifestyle might all be for show, as behind the scenes the Wrecking Ball singer is feeling lonelier than ever, according to Radar Online. "She's living alone in this big empty house, no boyfriend to speak of, and when it comes to friends she doesn't have any real meaningful connections. She's surrounded by party people or friends of convenience," a source says. "Being alone has always been a fear of Miley's, and she tried to pretend after the split with Liam Hemsworth that she enjoyed her newfound freedom, but the fact of the matter is that she's painfully lonely. Being on tour helps a bit right now … but the tour ends in June. Then what?"

Twitter

@carrieunderwood
Yeah...um...this is so weird. I, like, NEVER send anything back to the kitchen, but this coffee tastes like iPhone.

@mindykaling
I am taking it so personally ethnically that my whole foods no longer makes Indian food for the hot bar

@SarahKSilverman
I'm godless in general but then I remember that panda bears exist and I'm like hold the f— up

An 'F-You' you'll want to hear

Forgiveness. What does it look like? The founder of the Forgiveness Project answers that question, and more

IZABELA SZYDLO
life@metronews.ca

Tara Muldoon is the founder of F-You: The Forgiveness Project. PAVEL KOUNINE

Tara Muldoon wears her heart on her sleeve — literally. A tattoo on her forearm reads, "Forgive me forgive you". For someone who teaches emotional healing for a living, it's a fitting reminder.

Muldoon is the founder of F-You: The Forgiveness Project — a Toronto-based social initiative of panel discussions featuring speakers who have gone from victim to survivor, and found forgiveness in the process. Since 2010, Muldoon has helped thousands of people embrace the healing process. "At the Project, we ask, 'What would it look like if you were to forgive yourself or another today?' I have not met a person yet who regrets forgiving."

Having launched F-You after she was raped, Muldoon says there's no "one size fits all" method to forgiveness, but there are common steps to follow. "The anatomy of forgiveness involves going through that time of anger and mourning, then trying to understand the situation, and having compassion for the person and yourself," she says. "When I'm ready, I ask myself, 'what was their intention? What were they going through?' That makes them a person instead of a label like my best friend or my dad. The other person has a story, too."

In her experiences, Muldoon finds people have a difficult time forgiving because it is perceived as accepting the other person's actions. "Forgiveness isn't to say that person was right but that you're stronger," she explains. "I really want to challenge the belief that to forgive is to accept the action."

A growing body of research is finding health benefits to forgiveness. A study by the Mayo Clinic shows holding a grudge may have an affect on our cardiovascular and nervous systems. In one study, people who focused on a grudge had elevated blood pressure and heart rates, increased muscle tension and feelings of being less in control. When asked to imagine forgiving the person who hurt them, participants said they felt more positive and relaxed and the physical symptoms dissipated.

And what if you're the perpetrator wanting to apologize? "Don't say sorry unless you're truly in a place to do it," Muldoon says. "I don't think there's a lot more that's damaging than apologizing to someone only for it to go backwards. We want to value and honour our relationships, so don't do that same thing you apologized for a second time."

With Muldoon's second collection of stories on forgiveness in the works (the first was released last summer), and hopes for a cross-Canada tour, she's working hard to spread F-You's message.

"Knowing I help to heal people gives purpose to the rape and pain I felt," says Muldoon. "You're the one drinking the poison when you're angry. When you realize that hurt people hurt people, everything changes."

Forgiveness times four

Muldoon breaks down four types of forgiveness that are dealt with at F-You.

- **Forgiving yourself.** "This is making sure you do what you need to remove guilt that affects your decisions and actions."
- **Forgiving another person.** "Remove the labels from relationships, understand people are human and bad stuff happens, but you have a life to live."
- **Spiritual-based forgiveness.** "Those who are spiritual will ask whatever we believe in for forgiveness and unless we see a huge sign, we don't accept that. If your apology is genuine, it is enough."
- **Being forgiven by another person.** "Make sure what you think of yourself doesn't depend on that person. If they need their time, that's fine, but you have to work with that and move on."

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These boots not made for walkin'

ELISHA DACEY
Metro in Winnipeg

I'm careening along a ridge in a fishtailing snowmobile and I'm about to die.

Josh, the ruggedly handsome ski patrol guy at the helm of said snowmobile, eventually stops halfway down the middle of a steep hill.

"I need you to get off," he says.

"Are you serious?"

He nods. I pry my arms free and slide off the side, standing in the middle of a mountain in my ski boots, Winnipeg Jets hoodie, too-small jacket and ski pants. Then he circles the snowmobile around me, goes halfway up the hill and stops again. He gets off, takes off his helmet and grins at me, waiting expectantly.

It takes me a second. "You seriously want me to climb up?" He grins handsomely again. Jerk.

The amount of time I spent scrambling over Blackcomb Mountain in Whistler in ski boots was the closest I actually got to skiing while I was on a trip to meet Canadian Olympic Silver Medalist Kelsey Serwa. She does this quaint little sport called ski cross, where you careen down a series of hills on a mountain with four other people and try not to die.

The fastest time wins. She and teammate Marielle Thompson won silver and gold, respectively.

After she took us through a ski cross demonstration (we had to snowmobile to get where she was), my legs were too sore to actually ski. So I sat down with her, with a smoothie made by her sponsor, ZICO Coconut Water, and talked skiing and her future.

Nutshell: Serwa isn't sure if she'll continue on through to the next Olympics, and says coaching definitely isn't in her future. But, she does plan to go to school to become a physiotherapist.

FIND A RECIPE FOR THE DACEY SMOOTHIE AT METRONEWS.CA/HALF-OFF.

Tips for beginner skiers:

- **Seek professional help.** "The best thing to do is to get lessons," says Serwa, so that you can get the correct guidance and pointers.
- **Keep it light and fun.** "If you get cold, if you get tired, go in for a beer," she laughs. "It's just about enjoying your time, having fun with it, hanging out with your friends, meeting new friends."

Half Off

Elisha was a little intimidated as an absolute beginner on the ski hill in Whistler, but was that going to keep her from enjoying the sport? Visit metronews.ca/voices/half-off to find out.

Kelsey Serwa shows off her silver medal in ski cross. ELISHA DACEY/METRO

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The Motherisk Program at **The Hospital for Sick Children (SickKids)** in Toronto is recruiting volunteers for a study on the physical health and neurodevelopmental outcomes of children exposed to maternal chemotherapy and/or surgery for breast cancer during pregnancy. The findings of this research will help optimize breast cancer treatment during pregnancy, while minimizing the risks for the fetus.

Who is eligible to participate?
- Children up to 16 years of age who were exposed to maternal chemotherapy and/or surgery for breast cancer during pregnancy.
- The child's parents or primary care providers

What is involved in the study?
- Children will undergo a non-invasive physical examination and neuropsychological testing (IQ testing).
- Parents or care providers will answer questionnaires related to their child's health and behaviour.

You will receive monetary compensation for your participation and a detailed report on your child's performance.

To participate or for more information, please contact the study team by phone at 416-813-7329 or by email: breastcancer.pregnancy@sickkids.ca

DO YOU HAVE PANIC DISORDER?

Do you Experience Recurrent Attacks of:
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- **Racing Heart?**
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- **Sweating?**
- **Trembling?**
- **Thoughts of going crazy and losing control?**

If so, you may be suffering from PANIC DISORDER.

Dr. Smit Sinha is conducting a research study "The Endogenous Opioid System in Panic Disorder" that involves standard treatment.

Study participation is voluntary.

UHN Toronto General Toronto Western Princess Margaret Toronto Rehab

Please contact (416)-340-3156 for more information.

Freeze! Hold it there!

A great way of enjoying frozen veggies is by steaming them. ISTOCK

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Local fruits and vegetables are many weeks away from being in season in Canada.

Fresh is great, but much of it is imported at this time of year. So, consider buying frozen.

In the March/April issue of Best Health magazine, registered dietitian Matthew Kadey sings the praises of frozen vegetables and fruit, which are never out of season. They are nutritious — and very often, cheaper than fresh.

Plus, frozen items like berries, broccoli and peas are convenient. There's no peeling, pitting or chopping required. And for some dishes such as soups and smoothies, frozen fruit and veggies can go straight into the pan or blender without fully thawing (but do wash them, unless the package specifies they've been pre-washed).

Best of all, they are often harvested at their peak ripeness and then quickly frozen to lock in their nutrients, antioxidants and flavour. Nutritionists say that in some instances, sub-zero produce can actually contain more nutritional value than fresh versions, which may have degraded if they had a long trip to the store. And don't overlook frozen legumes such as edamame (soy beans) and lima beans, which provide a nutritional windfall including healthy amounts of dietary fibre.

Another tip: Give the bag of frozen produce a feel so you can tell if it's been frozen in individual pieces. A bag that feels like a block of ice has been thawed and refrozen, meaning the colour, texture and taste may be compromised. And at home, once frozen fruit or vegetables have thawed, it's best not to refreeze them.

How best to cook them? When it comes to frozen vegetables, instead of boiling them, which can cause vital nutrients (and flavour) to leach out, opt to steam them. It's a less destructive cooking method.

Our article includes four recipes, from breakfast to dinner. To get the full article and all the recipes, pick up the latest issue of Best Health magazine.

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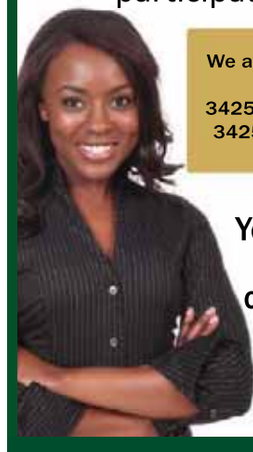

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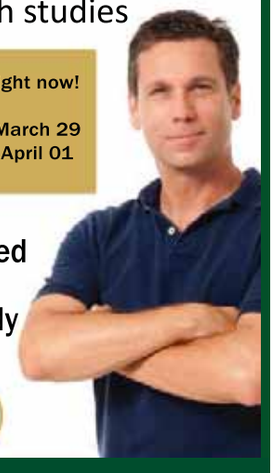

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Health Solutions

When being blue feels right

I have fallen in love with blueberry juice. Generally, it isn't advisable to drink any juice by the cupful but this stuff is so potently full of anti-oxidants and flavour that I had to find out more.

Bobby Kidston, a blueberry farmer and co-owner of Country Magic Farm who makes the brand Bloo in Nova Scotia, explains why this stuff tastes like blueberry pie without the sugar and the caloric crust. "Bloo is not from concentrate, it's made through our proprietary process to maintain as many anthocyanins as possible and it's 100 per cent pure blueberry juice, nothing else," he says. The anthocyanins — which are the pigment in blue, purple and red fruits — are what makes blueberries the most potent fruit. They are a highly effective compound anti-oxidant that has been shown to protect everything from eyesight to diabetes.

But you don't want more than a shot glass full of the juice; it is still sugar, albeit natural. Your best bet is to use blueberry juice in cooking. Here are other ideas:

- As a reduction in sauces and dressings
- To poach pears or apples for dessert
- In cocktails in place of simple syrup or vermouth
- As liquid in pancake mix

Generally, eating the whole fruit is best and a handful of blueberries is an excellent snack, treat, dessert, but the heart wants what it wants.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Layering superfoods gives the most bang for your buck. Feel free to mix and match ingredients. Just be sure to choose items that are slightly sticky to make your mould hold. Leftover mashed potatoes, sweet potatoes, squash and hummus work well interspersed between less sticky layers.

This dish pleases vegans and vegetarians and is gluten-free but it can also be a great appetizer or side dish with grilled meat, chicken or fish.

Save an empty tin can and remove both lids, keep one lid for pressing. This is a great method to make any dish or dessert restaurant pretty!

I like to collect a variety of sized cans and save multiples to make the process go faster.

Ingredients

Layer 1
- Hummus

Layer 2
- 1/2 cup (125 ml) Bloo blueberry Juice
- 1 large sweet onion sliced (1/4 inch or .6 cm thick)

Layer 3
- 2 cups (500 ml) plain goat cheese at room temperature

Layer 4
- 8 Cups (2000 ml) baby kale / spinach mix
- 1/2 cup (125 ml) Bloo blueberry Juice
- 1/2 tsp (2.5 ml) salt

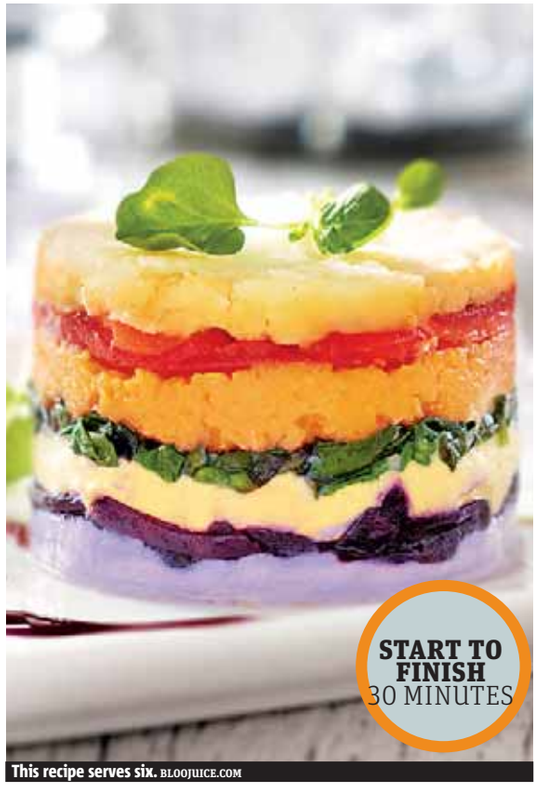
Layer 5
- 2 medium sweet potatoes, peeled
- 2 tbsp (30 ml) unsalted butter

Layer 6
- 1 jar roasted red pepper strips

Layer 7
- Leftover mashed potatoes

Layer 8
- Micro greens or edible flowers

Blueberry Drizzle Reduction
- 1 cup (250 ml) Bloo blueberry juice
- 1 cup (250 ml) red wine
- 1 tbsp (15 ml) balsamic vinegar
- 1 Tbsp (15 mL) unsalted butter



This recipe serves six. BLOOJUICE.COM

1. Layer 2: Simmer red onion slices in 1/2 cup Bloo blueberry juice until onion is softened but holds shape and absorbs juice.

2. Layer 4: Using same sauté pan as used for Layer 2, place kale and spinach in pan pour 1/2 cup of Bloo blueberry juice over top and 1/2 teaspoon salt. Sauté until rendered down about 3 minutes. Remove from pan set aside and reserve any liquid. You'll use same pan to make blueberry drizzle with remaining liquid, so set it aside.

3. Layer 5: Pierce and microwave a sweet potato until soft then mash with butter. For Layer 7, use leftover mashed potatoes or double up sweet potato.

4. Blueberry Drizzle Reduction: Simmer with a whisk until combined and slightly thickened. Set aside.

5. Layer assembly: Use empty can as mold for tower with bottom and top removed (reserve one lid to make unmolding easier. Oil inside of can, place on plate. Add 3-4 tablespoons hummus, smooth out with spoon. Add onion layer, flatten with spoon, add 3-4 tablespoons of goat cheese and smooth. Place kale/spinach mix next making sure surface is covered. Smooth out with spoon. Add 3-4 tablespoons of mashed sweet potato mixture, smooth out with spoon. Add roasted peppers next, in circular layer cover surface, pat down with spoon. Using 3-4 tablespoons of mashed sweet or leftover white potato for top layer smooth with spoon to cover area and create smooth top. Gently place lid ring on top and firmly press before you slide can upward over the veggie tower and repeat for other towers. Decorate top with micro greens and drizzle with blueberry drizzle reduction. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/RECIPE COURTESY BLOOJUICE.COM**

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A huge app-etite for all things mobile

Not so Tiny empire. Robleh Jama is leading a young team of app-makers to serious success by prioritizing passion over profit

TAKARA SMALL
Metro News in Toronto
@takarasmall

For technology businesses hoping to follow in the footsteps of Tiny Hearts, Robleh Jama's advice is to start putting pen to paper and coming up with a variety of great ideas before moving onto anything else. CONTRIBUTED

Have you ever heard of Quick-Fit, a workout app for people on the go which was featured in the New York Times? Or what about Wake, the popular app that works with your body to wake you up? Perhaps Pocket Zoo, the education app that teaches children about animals via their phone?

If yes, then you're one of many people around the world who have purchased and downloaded applications made by Tiny Hearts, a small start-up located in Toronto.

If you haven't heard of these apps, it's very likely that you've seen them on the top of Apple lists as they continue to dominate charts and win awards.

The company, made up of a team of seven who are mostly recent university graduates, is carving out a niche for itself all from a shared room at a downtown incubator.

Their success, says company founder Robleh Jama, is all due to the fact that they focus on projects that inspire them, instead of just from the money they'll make from it.

"We make products that we're passionate about and products that make people's life better in small and meaningful ways," he says. "The way we do this is by following our hearts, number one, and sweating over the tiny details. We really sweat the small stuff."

His no-nonsense approach is one that he advises other businesses to follow in the early years.

"No amount of marketing is going to save a crappy app," he says "At the end of the day, an app is a collection of tiny details, insights, design decisions, lines of code, pixels, et cetera."

Jama's adds that his career in tech was more of an accidental route than a deliberate one, and he hopes that young entrepreneurs won't get turned off or intimidated by the field.

"I stumbled into it. I really got into technology after I started blogging 10 years ago. I ... then went on to create a niche social network with a couple of friends. We eventually sold that start-up and that's around the same time I had the itch to start making apps. It's been a huge learning experience since. If you persist at something long enough you will eventually get good at it."

Focus group

"The designers and developers that obsess about every tiny detail are the ones that end up consistently creating apps that people love. Delight is in the details."

Robleh Jama
Founder of Tiny Hearts

E-laborate

- Go online to read more about Robleh Jama's tips for success and why his team may be looking for someone just like you to join them.

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Developers are doing it their way

This is not a game.
For indie video game creators, standing out from the crowd is a difficult mission

They do it inside their hotel rooms. Or in front of everyone across a cavernous convention hall. They even try it out on street corners. In almost every spot imaginable at last week's Game Developers Conference in San Francisco, there were indie game makers touting their latest creations in the hope of becoming the next Minecraft or Gone Home.

The biggest challenge facing the growing number of independent video game creators — those risk-taking tinkerers who self-publish their own quirky titles — isn't making, distributing or even funding their creative visions.

Clicking with future customers

"The ultimate goal is to meet someone who might champion your game — a fan who will go off and tell their friends about it. There's no more powerful message about a game than when it comes from a fan."
Chris McQuinn
Designer at Toronto-based indie developer DrinkBox Studios

What type of game would grab your full attention?
JEFF CHIU / THE ASSOCIATED PRESS

It's persuading people to buy their games.

"There's just something about human interaction," said Chris McQuinn, a designer at Toronto-based indie developer DrinkBox Studios.

"The ultimate goal is to meet someone who might champion your game — a fan who will go off and tell their friends about it. There's no more powerful message about a game than when it comes from a fan."

McQuinn attributed much of the success of DrinkBox's zany Mexican-themed platformer Guacamelee! to the gamers the studio befriended at various gatherings like the

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What the Beep!

Select Canadian insurers have started offering usage-based car insurance on an optional basis. This option, while still new, may be a cost-effective solution for some drivers.

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Game developer Aaron Taecker-Wyss, left, watches his developing partner Gabriel Cuzzillo, centre, play the game Tetropolis at the Game Developers Conference 2014 in San Francisco. Networking has become a critical part of promotion for today's indie video game creators. JEFF CHIU / THE ASSOCIATED PRESS

Game Developers Conference (GDC) and the fan-focused Penny Arcade Expo. It's one of several grassroots tactics that indie game makers are employing to stir up hype.

The majority of developers at GDC, the largest annual gathering of the gaming industry in the U.S. outside of the Electronic Entertainment Expo in Los Angeles, are now classifying themselves as indie.

In a poll conducted by GDC organizers of 2,600 attendees at last year's show, 64 per cent said they were self-publishing their current projects.

Advancements like crowdfunding, easier-to-use development tools and digital distribution services have made way for a swarm of indie creators crafting content mostly for PCs and mobile devices. However, there are only so many flowers to pollinate. For every hit like Journey, there are dozens of games that don't get any buzz.

Despite the rise of self-publishing, most indies lack the marketing budgets and promotional prowess that big-time publishers like Electronic Arts Inc. and Activision Blizzard Inc. use to hype such expensive-to-produce titles as Titanfall and Call of Duty. Instead, indies typically rely on word-of-mouth to persuade gamers to click download.

Over the past five years, it's worked in many cases — and the industry at large has taken notice.

"Making sure that a game can get discovered is the new challenge in game development," said Chris Charla, director at ID@Xbox, a program that Microsoft recently launched to attract developers to independently publish games for its Xbox One console. "We've already solved a lot of problems in terms of creating games and distributing games."

Ultimately, an indie's success comes down to the same query vexing all forms of entertainment: Is it any good?

"It's tough," said Jun Iwasaki, president of Puzzle & Dragons publisher GungHo Online Entertainment America Inc., who was meeting with prospective developers at the nearby Game Connection conference. "The most important thing is the first 10 minutes of a game. If I want to keep playing, those are the games I want to work on."

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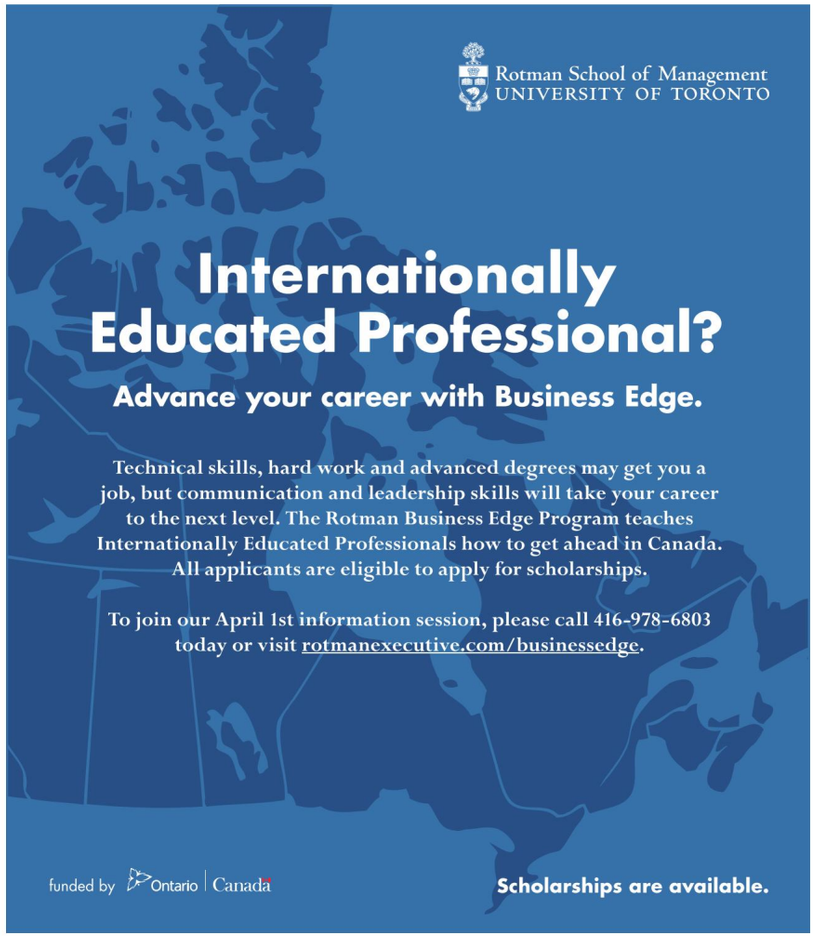
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The Devils' Peter Harrold knocks the Maple Leafs' David Clarkson to the ice on Sunday in Newark, N.J. ADAM HUNGER/GETTY IMAGES

Leafs drop oops for hoops to take edge off

NHL. Buds hope Raptors' winning ways rub off on them to end five-game losing streak

A five-game losing streak, an optional skate, a playoff spot hanging perilously in the balance.

What better time for the local hockey side to play some .... hoops.

Most of the Maple Leafs took a chance to get away from it all on Monday, wandered down the hall, up to the third floor and into the Raptors' gymnasium.

"A few guys just wanted to shoot some hoops to loosen up," said captain Dion Phaneuf. "It was an off day. Some guys just wanted to go up and use the court, shoot around and have some fun."

Maybe rubbing elbows with the Raptors — a team that is overachieving — might do the Maple Leafs some good. Because no good has come of playing hockey lately.

A playoff spot that looked like a gimme 10 days ago now looks increasingly iffy thanks to a five-game losing skid.

"We have slid far enough," said Phaneuf. "We have to grab some traction here and regroup."

Potential returns

Both injured goalie Jonathan Bernier and defenceman Paul Ranger took part in Monday's optional practice. Coach Randy Carlyle termed both as possibilities for Tuesday's game against St. Louis.

The pressure from a rabid fan base is on and it's up to the team's leadership to calm the nerves inside the room to get the team back on track, starting Tuesday night when the St. Louis Blues come to town.

Phaneuf was unusually forthright in his comments Monday.

"We have played from behind too often," said the captain. "Everyone is fighting for positioning right now. That's the bottom-line. Points are very big. When you get behind, you dig yourself a little bit of a hole.

"That's what we've done. We haven't been able to start well. It's something we're focused on and we know that we have to do a lot better."

TORSTAR NEWS SERVICE

Miller time

Blues pose stiff test with new goalie

Well, as if things aren't bad enough for the Maple Leafs:

- They're on a five-game losing streak.
- They get to face Ryan Miller, who was unbeatable enough as the goalie for the Sabres but is now on a really good team.
- That team is the St. Louis Blues, perhaps the best team in the NHL whose players — their coach admits — save a little extra when they come to the Air Canada Centre because they get here so rarely.

"This is the centre of the universe for hockey," said Blues coach Ken Hitchcock. "I think it's a disadvantage for the Maple Leafs because people are excited to play in this building, excited to play in this city. Everybody knows what's at stake when you play Toronto. Everybody's watching."

And every Leaf fan in this city is fretting. That deadline-day trade that sent Miller the Leaf Killer from Buffalo to the Western Conference may pay dividends down the line in the Leafs' rivalry with the Sabres. But consider the Leafs have no more games against the Sabres this year and still get one more date against Miller.

"It was a good rivalry," said Miller. "If you count all the fights in the stands and all the craziness that happens, it was always something fun.

"But we start from scratch with a different team, a different look."

Miller is 7-2-1 with a 2.03 GAA and .916 save percentage since joining St. Louis.

TORSTAR NEWS SERVICE

Raonic improves his station at Sony Open

Thornhill's Milos Raonic plays a backhand against Guillermo Garcia-Lopez of Spain during the third round of the Sony Open on Monday in Key Biscayne, Fla. Raonic won 6-1, 6-2. CLIVE BRUNSKILL/GETTY IMAGES

Spring training

Hurting Reyes should be ready for opener: Gibbons

Blue Jays shortstop Jose Reyes, who left Saturday's game due to left hamstring tightness, will have a precautionary MRI exam.

Jays manager John Gibbons has no concerns about Reyes being ready for opening day.

"Everybody feels it's very mild and minor," Gibbons said.

THE ASSOCIATED PRESS

MMA

Weidman and Machida's UFC 173 bout postponed

Middleweight champion Chris Weidman has a knee injury, forcing the UFC to postpone his May 24 title bout against Lyoto Machida for six weeks.

Weidman (11-0) was expected to make his second title defence at UFC 173 in Las Vegas, but the Long Island-based mixed martial artist needs minor surgery.

THE ASSOCIATED PRESS

Golf

"I've had a couple weeks off and getting treatment and just working on trying to get ready for Augusta. As of right now, it's still too soon, which is ... pretty frustrating."

Tigers Woods on his chances of playing in next month's Masters championship.

Argos for sale; Lions not, says owner Braley

CFL. Owner confirms Toronto club up for sale, but denies reports that he's ready to shop Lions

CAM TUCKER
Metro in Vancouver

The B.C. Lions are not up for sale; however, the Toronto Argonauts are. That's according to David Braley, who owns both Canadian Football League franchises.

A report in the Toronto Sun states both the Lions and Argos are up for sale, with price tags of $60 million and $20 million, respectively.

Speaking briefly via telephone on Monday, Braley told Metro that the Lions are not up for sale. He also denied that the asking price for the Lions was $60 million. He suggested the combined price of the two teams might total $60 million but did not confirm that, saying he had yet to see the Toronto Sun report.

B.C. Lions and Toronto Argonauts owner David Braley
TORSTAR NEWS SERVICE FILE

The Argonauts, which the former senator took over in February 2010, are on the market, Braley said. In January, there were numerous reports out of Toronto indicating Maple Leafs Sports and Entertainment has a strong interest in the Argos.

That has also included the prospect of the Argos perhaps one day playing at BMO Field, current home of Toronto FC. Last September, the Argos and Rogers Centre agreed to a lease deal through 2017.

"I'm in the process of discussing that with potential buyers now. I don't know if that will happen," Braley said.

"But the Lions are not for sale at this time."

Braley took ownership of the Lions in 1997. A report in the National Post in September stated that Braley is planning to sell both franchises by the time he turns 75, so roughly within the next two years.

On Monday, Braley left open the possibility of still owning one of those franchises — likely the Lions — past that birthday.

He said he was going to sell one of the teams by the time he was 75 years old — "It will more likely be Toronto first," he said.

"It's possible both teams could be sold but not likely."

Tuesday, March 25, 2014

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Horoscopes

♈ Aries
March 21 - April 20
As Mars is moving retrograde through your opposite sign of Libra you clearly need to get serious about a relationship one way or the other. Either commit yourself to it 100 per cent or end it once and for all.

♉ Taurus
April 21 - May 21
The planets will enable you to push harder and get more things done today but give some thought to your health as well. Don't go to extremes.

♊ Gemini
May 22 - June 21
Mars in Libra makes all things possible but for best results be selective. Don't waste your time and energy on a dozen aims because that will dilute your chances of success. Choose one and stick to it.

♋ Cancer
June 22 - July 23
You may not be able to see things from another person's point of view but you do have to recognize that they have a point of view – and that it's valid.

♌ Leo
July 24 - Aug. 23
You're not the sort to stick with what you know. The more you are on the move today, the more you are meeting new people and trying new things, the more likely it is you will find happiness.

♍ Virgo
Aug. 24 - Sept. 23
Something will go out of your life over the next few days and you must not try to cling on to it. The planets suggest that something even better will appear to take its place around the time of next weekend's new moon.

♎ Libra
Sept. 24 - Oct. 23
Mars in your sign endows you with huge amounts of energy. However, as Mars is going through one of its retrograde phases you must be careful about how you use that energy. Don't make changes that cannot be changed back.

♏ Scorpio
Oct. 24 - Nov. 22
You are in possession of information that could be dangerous to the kind of people who would do almost anything to make sure it stays private so maybe you should keep it to yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
The planets warn that you may have to end friendships that no longer meet your needs. Once you have done that there will be room in your life to start new ones with people more like you.

♑ Capricorn
Dec. 22 - Jan. 20
Mars, planet of action and ambition, is moving through the career area of your chart, so chances are you will be even more go-getting than usual.

♒ Aquarius
Jan. 21 - Feb. 19
With both the Sun and Uranus moving through one of the better areas of your chart you no doubt feel ready for a new adventure. Just plan your route carefully.

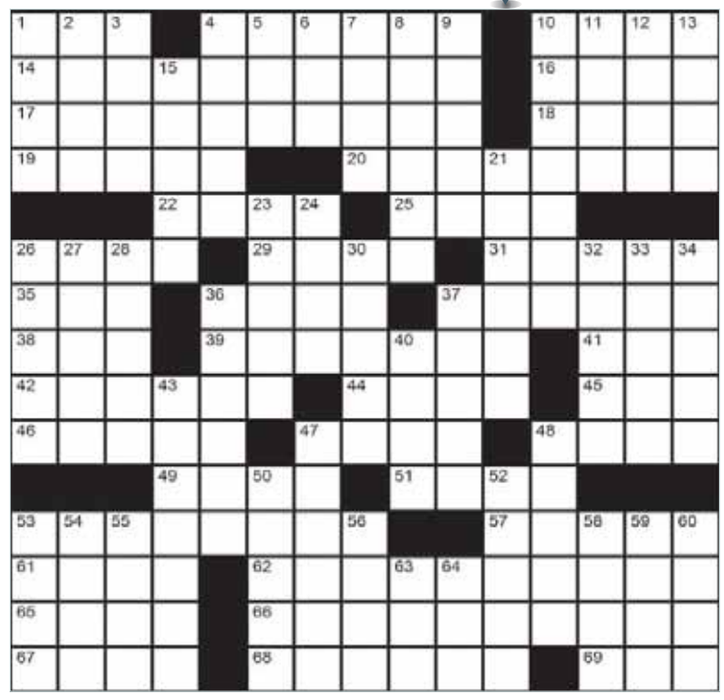
♓ Pisces
Feb. 20 - March 20
Be secretive about money matters today. According to the planets your rivals are on the lookout for opportunities to grow rich at your expense so stay sharp and don't let it happen.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across
1. Ms. Stubbs of "Sherlock", on Showcase
4. Mr. Bumble's gig in Oliver Twist
10. Wit
14. Canada's __ (1967's significance)
16. Place
17. 75th Anniversary! Coffee Crisp's slogan: 'makes a nice __ __'
18. Concept
19. __ Bay, BC
20. '90s comedy series
22. Blinkers
25. ICU part
26. Smart
29. Clever remark
31. Skeleton segments
35. Casino cube
36. Catapult
37. Warm ocean current: 2 wds.
38. Boat's blade
39. Princess Beatrice's sister
41. Islet
42. Hull and Orr
44. "Happy __" (2006)
45. Helios' 'H'
46. Magazine piece
47. Needle case
48. War god
49. Benchmark
51. Stable offspring
53. Ontario: __ Falls, 'The Garden Town of the North'
57. "...it ain't __ __ / I wanna see..." - *NSYNC, "Bye Bye Bye"
61. "Shark Tank" tycoon Daymond John's clothing line
62. Canadian author Michael Ondaatje's bestseller set in Sri Lanka: 2 wds.
65. Tropical destination
66. New __ Party of Canada
67. Broadway tune: "All __ Jazz"
68. Anvil-user's workshop
69. 'Fool' suffix

Down
1. Sch. in The States
2. Mr. Peart of #54-Down
3. Brad's beloved, briefly
4. Ms. Kennedy (Panelist on Canadian quiz show classic "Front Page Challenge")
5. NnNnn
6. Lesley __ Warren
7. "Buenos __!"
8. Tie one's shoes: 2 wds.
9. The MacGuffin author, Stanley __
10. Mr. Murray of The Tenors
11. __-de-camp
12. Stagger
13. Couplet
15. Afternoon hour
21. Canned corn bit
23. Horse play
24. OR pro
26. Sun-dried brick
27. Byes, in Milan
28. Recipe extras
30. "_ __ a sandwich for you on the counter." (Kitchen chitchat)
32. Less unkind
33. Related maternally
34. Some beans, variantly
36. Song by 2014 Canadian Music Hall of Fame inductees Bachman-Turner Overdrive: 2 wds.
37. Farm song letters
40. Nine: French
43. Medieval meal
47. "Lose Yourself" rapper
48. Waikiki greeting
50. Paved places
52. Mad
53. "Don't know __ __ matters, but..."
54. Toronto band
55. "__-__-Di..." (Beatles song title bit)
56. Ms. Sara, Canadian broadcaster
58. French author, Pierre __
59. Ancient Egyptian goddess
60. Carve in a name
63. Fate
64. Bldg. with chalkboards

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			3	7			5	8
4	2			9	8			7
	3				6		9	
	7	4				1	2	
	9		5				7	
9			2	4			3	1
6	1			5	9			

Yesterday's Sudoku

Today
0°/-11°
Flurries
60%

Wednesday
-7°/-8°
Partly cloudy

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